

# Sweet & Sour Pork

**Makes:** 4 Servings

This is a bright, light take on sweet & sour pork that's studded with plenty of pineapple, carrots, and wedges of tomato.

## Ingredients

**2 tablespoons** peanut or canola oil, divided  
**4 teaspoons** reduced-sodium soy sauce, divided  
**2 teaspoons** plus 1 Tbsp rice wine or dry sherry, divided  
**1 1/2 teaspoons** plus 2 tsp cornstarch, divided  
**1/8 teaspoon** ground white pepper  
**1 pound** trimmed boneless pork shoulder or butt, cut into 1/4" thick, bite-sized slices  
**2 tablespoons** pineapple juice (or juice from can of pineapple)  
**1** small tomato, thinly sliced into wedges  
**2 tablespoons** distilled white vinegar  
**1 tablespoon** minced, fresh ginger  
**1 teaspoon** sesame oil  
**1/4 teaspoon** salt  
**1/2 cup** sliced carrot (1/4" thick)  
**1/4 cup** finely chopped scallions  
**1 1/2 teaspoons** light brown sugar  
**1 tablespoon** ketchup  
**2 cups** chopped fresh pineapple, bite-sized pieces (or drained canned pineapple chunks)

## Directions

1. Combine ginger, 2 tsps soy sauce, 2 tsp rice wine (or sherry), 1 1/2 tsp cornstarch, salt, and pepper in a medium bowl. Stir in pork and sesame oil until well combined.



## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>313</b>	
Total Fat	17 g	26%
Protein	19 g	
Carbohydrates	21 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	5 g	25%
Sodium	421 mg	18%

## MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1/4 cup
Protein Foods	2 ounces

2. Combine pineapple juice, vinegar, ketchup, and brown sugar in a small bowl. Stir in the remaining soy sauce, rice wine (or sherry), and cornstarch.

3. Heat a 14" flat-bottomed wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl 1 Tbsp peanut (or canola) oil into the wok.

4. Carefully add the pork and spread in one layer. Cook undisturbed, letting the pork begin to sear, for 1½ minutes. Then, using a metal spatula, stir-fry until the pork is lightly browned but not cooked through, 1 minute. Transfer the pork to a plate.

5. Swirl the remaining oil into the wok, add carrots and stir-fry for 30 seconds. Return the pork with any juices to the wok. Add tomato and scallions and stir-fry for 30 seconds.

6. Swirl in the pineapple juice mixture, add pineapple, and stir-fry until the pork is just cooked through and the sauce is lightly thickened, 1 to 2 minutes more.